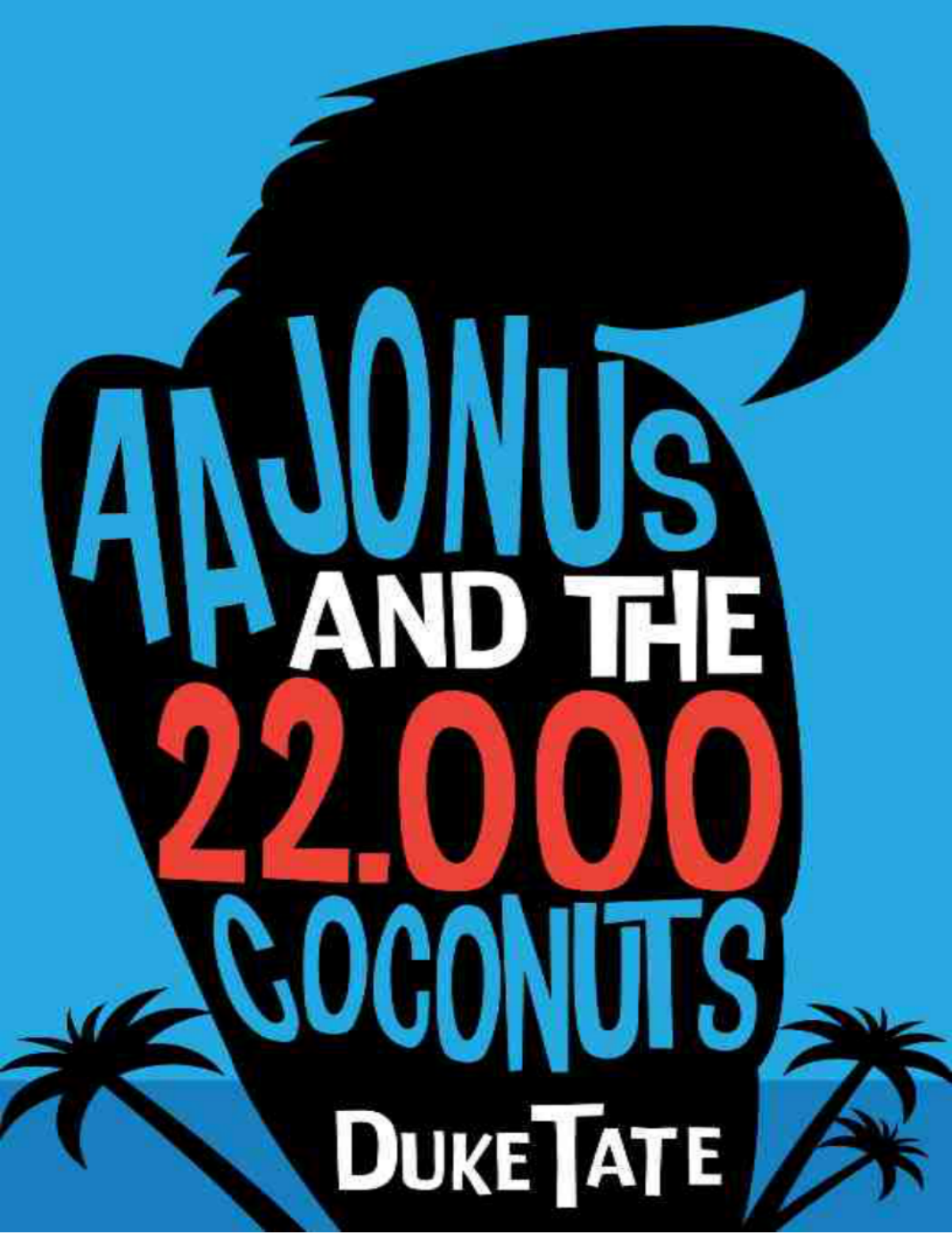
AAJONUS
AND THE
22,000
COCONUTS
DUKE TATE

Aajonus and the 22,000 Coconuts
Duke Tate

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Introduction

My story with Aajonus Vonderplanitz, a Malibu raw food nutritionist popular with celebrities, started with meeting my first Sufi guide, Ali Dede, who recommended Aajonus to me to get over my health aliments.

Over twenty years ago, I first met Ali Dede, while I was an undergraduate student at Ole Miss in Oxford, Mississippi. Shortly afterwards, I became a student in his Sufi school, Instituto Alef, in Mexico.

In the Sufi Tradition, it is commonplace for the guide to teach the student how to progress inwardly by prescribing him or her Inner Exercises, while he or she often studies the prevailing discipline or craft of the Teacher alongside it.

One of the funniest and most enduring experiences Dede required of me was to be in constant contact with Aajonus for

my health ails (Lyme Disease, eosinophilic esophagitis and multiple chemical sensitivities), which I was by phone and email, and in person for many years.

One

RAW DIETS in the U.S. didn't start with Aajonus, they started with Armand Tanny, the American bodybuilder who won the 1950 Mr. USA bodybuilding competition. Just like Aajonus, he lived an almost entirely raw diet, consisting of uncooked meat, raw eggs, raw dairy and raw vegetables.

Enter Arnold Schwarzenegger who in the back of his own *Encyclopedia of Bodybuilding*, recommends shakes consisting of raw eggs to "bulk up." (Schwarzenegger, 1999)

It was no secret that bodybuilders like Tanny, Schwarzenegger and Frank Zane were looking for any edge to beat the competition. Aajonus even told me that he used to see Schwarzenegger in Gold's Gym in Venice Beach when he used to live there and everybody knew the T2 drank raw milk because it was superior for building muscle mass. I only knew Aajonus way after those days when he was seeing clients in the back of a Venice Beach health food store.

After telling Ali Dede about my health struggles shortly after we met, I learned he was a medical doctor who had trained all over the world and that we would handle "all my health troubles" together. He took a detailed health history from me via email, while mainly centered around Lyme disease, eosinophilic esophogitis and erectile dysfunction. I had first contracted Lyme disease after getting bitten by a wolf tick on the Appalachian Trail while cleaning trails – punishment for cutting mountain biking class too many times.

After speaking to me, he suggested I read the book, *We Want to Live* by Aajonus Vonderplanitz.

This was before Amazon was all the rage, so I literally had to

go to a rare bookstore that had one of those little brass bells that rang when I entered and ask the clerk to buy it for me. Being a book lover like me, he was happy to oblige.

For the next week, I waited impatiently for the book to arrive, finally racing to the bookstore when I got the call that it had landed.

For me, Dede was an enlighten master who had the answers to my problems and this book was the first step.

Ripping open the package, I will never forget that feeling of elation after seeing Aajonus' Hollywoodized photo staring back at me on the cover. Although it was a hardback, it looked homemade. I mean there were these wild angels floating around in a sea of green next to the *General Hospital* photo of Aajonus. I just loved it. I read the whole thing that day.

Let me be clear – at this point, I had tried everything to get well: endless homeopathic therapy via a Vega Test, hydrogen peroxide IV's, 90 Rocephin anti-biotic IV's plus 6 months of cipro, applied kinesiology with extensive supplementation, cat's claw supplement for Lyme disease, acupuncture, massage therapy, aromatherapy – I even had had a "shaman lady" come sage me! Yes, I was the modern day chronically ill person, walking among the seemingly well. I had even been down to a clinic in Tijuana where, for the brutal price of $15,000, I had stem cells injected into my butt cheeks, coffee enemas and hydrotherapy (this had nothing to do with Dede, it was a clinic my grandfather used to send my uncle Dickie, so he could detoxify from alcohol abuse).

For that reason, the book truly spoke to me. For one, it was something *I hadn't tried*. Yes, I had eaten all organic food, following a mostly keto, Atkins styled diet since getting sick...*but raw*? What was that?

Meanwhile, I was learning more about Dede via his own book, *Advise from a Sufi*.

As a younger man, he had studied under Sufi teacher, Idries Shah (1924-1996), who was the prominent teacher on Sufism the world over. The main reason I had found Dede's school

was by searching for a picture of Idries Shah via the net as I had read over thirty of his books.
Sure enough, that lead me to Dede's school's pictures where there was a young Dede sitting Indian style in the Sufi school on a white goat haired rug next to a shaded by big designer sunglasses, Idries Shah.
After meet Idries, Dede was advised to learn everything he could about herbs and medicine and to attend to any sick person they came across in their travels.
Dede described in his book that during one such encounter, there was a terminally ill man in his 70's. He prescribed that the man started drinking raw green vegetable juices every day. Following that advice, he ended up living another 20 years.
Later, Dede would study under the very well-known Hadrat Muhammed Osman Al Naqshbandi Al Qadiri, a brilliant teacher who ran a hospital for incurable people. Dede says Hadrat rode a horse until he was 120 years of age.
Given all that, I still had to figure out how to get well. So, after tearing through *We Want to Live*, I started the Primal Diet, which was adhered to by celebrities and lay people alike with a massive following in Palm Beach. Consisting of raw vegetable and fruit juices, raw milk, butter and cream, raw eggs, raw coconut cream, cold pressed olive oil and coconut oil, and uncooked meat and sushi, it was stranger way of eating to a Western palate than to those of the Far East, and even to Europeans where steak tartare is eaten almost daily in chic cafes like Chez Tartar.
At the time I was smoking a pack of Marlboro cigarettes a day to have energy, in addition to drinking upwards of 5 Diet Cokes a day.
I was living on stimulants. I won't bore you with all the details – you can read more about that early journey in the staggering book I wrote about it, *Returning to Freedom: Breaking the Bonds of Chemical Sensitivities and Lyme Disease*.
Living in Oxford, Mississippi at the time, the home of the University of Mississippi, the strange diet was a bit of a rough

go. This is way before Whole Foods was everywhere and even Kroger had organic meats.

I pretty much went to the Memphis Wild Oats where I bought a Champion juicer and was drinking green juice, eating sushi and raw egg shakes with bananas and unheated honey since I had zero access to raw diet at the time. When I would tell people about the diet, they all thought that I was insane, because it made perfect sense to me.

The detox started in the form of diarrhea, body aches and headaches and there was quite bit of it. I had contracted hypoglycemia in my early twenties, so I also had severe blood sugar issues. The honey wasn't quite working to balance that out the way Aajonus suggested it would.

I talked to Dede and he suggested I consume coconut oil – that many people "close to us - - in the Tradition" had cured their diabetes using it. So, I started consuming Spectrum brand coconut oil at a few tablespoons a day and immediately felt a relief in my sugar imbalances.

After a couple of weeks, my years long blood sugar disorder, that my father, his brothers and father all shared, was completely cured. This was a miracle, considering I would literally faint if I didn't eat some protein every five hours.

After a while, I relocated to Fairhope, Alabama where I rented a small one-bedroom hut. Fairhope is a small community of laid-back artists situated only an hour away from the Alabama Gulf Coast. At least there, I had access to raw milk at the local health food store in downtown Pensacola. I also got it at a local farm in Robertsdale. But I was quickly learning how hard some of these products like raw cream and butter were to come by, all the while wishing I was in California where Aajonus said he could get all of the raw dairy products he desired at his local health food store.

That is when I started speaking to Aajonus more regularly by phone – he was living in Malibu, a beach community of Los Angeles, at the time – and he suggested, due to the nature of my detox, that I only consume a smoothie consisting of 8 raw eggs, 4 ounces of raw cream, 7 ounces of raw diary and 2

bananas and drink that throughout the day.
After switching to this, everything felt better.
Aajonus is absolutely correct about dairy's ability to relax the nervous system. Dairy is practically the only great source of calcium available. People crave ice cream, pizza and cheese dip for one reason: it works. The raw cream truly relaxed my nerves; plus, I gained a lot of muscle mass and the guys at the grocery store even started asking if I played college football.
If you have a sinus or upper respiratory condition, by all means avoid dairy until you are well because of the mucus it creates.
My weight quickly bounced up from a scrawny, pale 187 pounds to a tanned (for a redhead) 220 pounds, but it was healthy fat and looked good. The sun was a whole other thing; as a pale redheaded ginger, I was tolerating solar rays incredibly well for the first time ever and I knew it was all that uncooked dairy. I could go out fishing without sunscreen for six hours without burning, a stark change from the water blisters I would have suffered when I was fifteen.
1 Coconut oil's ability to dramatically impact blood sugar levels is well documented in the book, *The Coconut Oil Miracle* by Bruce Fife.

Two

I PARKED out in front of the funky guest cottage in Malibu, the Santa Ana winds blowing my hair back as I exited the beige Chevy Tahoe. My mother, Charme Tate, chose to wait for me downstairs.
The home of Aajonus Vonderplanitz, it was a beautiful spot off Kanan Dume road in the hills of Malibu.
I had now been consuming most of the foods on Aajonus' diet in some form or another and although I felt great eating the special foods, I still hadn't gotten well.

I was able to be 100% free of caffeine during this entire time, which is remarkable to me looking back.

I was in almost constant contact with Aajonus for 2 years via the telephone from 2005 to 2007. During this time, we became great friends, and I filled in the blanks about his bizarre life.

After moving to Los Angeles in his twenties, he had contracted stomach, blood and bone cancers that had metastasized.

Chemotherapy and radiation had left him almost dead and not eradicated the cancer either; so, given three months to live, he hit the road on a bike, traveling all over the United States and Mexico where the gringo lived off the land.

Over time, by trail and error, and a series of mystical encounters, he discovered this primal way of eating. To learn more about these adventures, please read the book by him, *We Want to Live*.

Ultimately, I would move to Los Angeles in Santa Monica where I was a member of the notorious Rawesome Market on Rose Street in Venice.

Aajonus was the first reason I moved to L.A. from Monterey, the second, was for the women.

Where I was living the year before in Monterey had about as many women as Wichita, Kansas and though I had heard stories about the "California girls," I was still looking for them on the Central Coast. I had moved to Monterey for the energy as Dede had told me there was special energy present in certain places that was especially good for one's health. Since I had grown up going to Carmel, I had a hunch it was one such place. And it was. But, after a year, it was also too cold up here. And I knew Los Angeles had the same energy throughout the city because I had been there to see Aajonus and felt it.

Aajonus had warned me about Northern California, informing me that San Francisco was his favorite city in America – that he had even rented a house there once, but after 3 mouths of "straight fog," he had bolted back to sunny L.A. with his tail

between his legs.
Yes, he was a sun lover like me.
I had to learn that the hard way.
Years later, when he told me he was looking to move from L.A. to Thailand, the other locales he was surveying: the Philippines and Hawaii, were all were sun drenched.
I spent time on the land in Hawaii he looked at buying when I visited Pangaia during that time in my life. On the first trip, I stayed at the eco-tourist ranch in the Pahoa area for two weeks. The Big Island of Hawaii, also known as Hawaii, is the southeasternmost island in the state.
Pangaia was run by a hippie named Manis Aloha who I don't think ever wore a shirt the whole time I was there. Mainly a raw food community that lived off the land, they were an ecotourist farm operating strictly off solar power and a rainwater catchment system. The other guests, workers, and I swam in the cold tide pools and hiked past monkey pod trees to pristine lakes where we swam naked and feasted on fresh green coconuts all day. At night, Manis would strum the guitar in the open-air lounge area off the kitchen.
It was a sun-filled moment in time for me. I had originally planned to stay for longer, however, the compost toilet almost did me in.
When I went to the rand's "outhouse," everything looked clean as a whistle, until I opened the wooden lid to the ligneous bench style toilet and saw "the composers," none other than thousands of scurrying roaches, waiting eagerly for their next meal to fall. I literally couldn't sit down after catching one of "the guys" greedily crawling up "the white plastic chute" towards me.
The second time, I went back to the same area, looking to invest in property, but it didn't feel right to me on that trip, either. This was good thing, since the Kilauea volcano nearby would go on to erupt in December of 2020, spewing lava all over the area, destroying over 700 homes in the process. I believe Pangaia has since moved to the garden isle of Kauai, another one of the Hawaiian Islands.

What titillated me about Aajonus was the sheer ingenuity of the man. I mean here was the guy who had created an entire diet out of thin air and had Mel Gibson, Carol Alt and Fred Siegal following him around. For all that he got wrong, he got enough right to help thousands of people reclaim their health.

Three

ENOUGH HISTORY, back to the story.
I walked up the wooden steps to the second-floor porch and through the open sliding door. With grey slate floors, the birds chirping through the opened windows and pictures of old movie stars hanging on the walls, it felt like the perfect oasis from Aajonus's previous busy life as a Hollywood actor. Aajonus greeted me with a whitened smile and the bluest, piercing eyes I had ever seen. His burly legs looked like tree trunks. After hugging, we talked for a moment, then I took a seat next to a rickety old antique desk where I placed my chin in an ophthalmologist bracket. Next thing I knew, Aajonus is looking at my eyes with a Nikon D50 DSLR camera with a macro lens, shining a small flashlight perfectly into the irises to get a brilliant photo.
After taking the photos, he brought up the images on his laptop and we started the sesssion.
To analyze my health, he used iridology, a study of the health of the human body based on a map of the irises. The discoloration in the eyes were used to detect illness and determine health. For instance, he stated my brown eyes were actually blue – the brown being toxins stored in various locations. He then prescribed various raw foods like cabbage juice with other juices to detox the said chemicals. Aajonus said I was chock full of iron, which had caused the discoloration. And it was true that my mother had used an iron skillet throughout my entire childhood. Look I have

nothing against iron skillets, it's just what he said.
Aajonus preceded to show me before and after pictures of various clients' irises on his laptop. One woman's black eyes had become blue after just two years. It was remarkable to say the least. He told me that woman's mother had been a crack addict when she was pregnant with her. Aajonus told me his own eyes were brown when he started eating raw foods. "How long did it take you to change them?" I asked. "Oh, twenty-five years of a 100% raw diet," he answered calmly. The picture on the cover of this book is a photo of one of Aajonus' iris that he sent me.
I can prove via Aajonus' own system - - iridology - - that the iris still lightens, while consuming only a 50% raw diet along with lots of healthy nutritional supplements since I did that from 2011 to 2025. How do I know this? I had it done! Disclaimer: the Ukrainian photographer had the brown part my eyes lightened against my wishes, but you can still see how much I have detoxified over the years (figure a & b).

Figure A

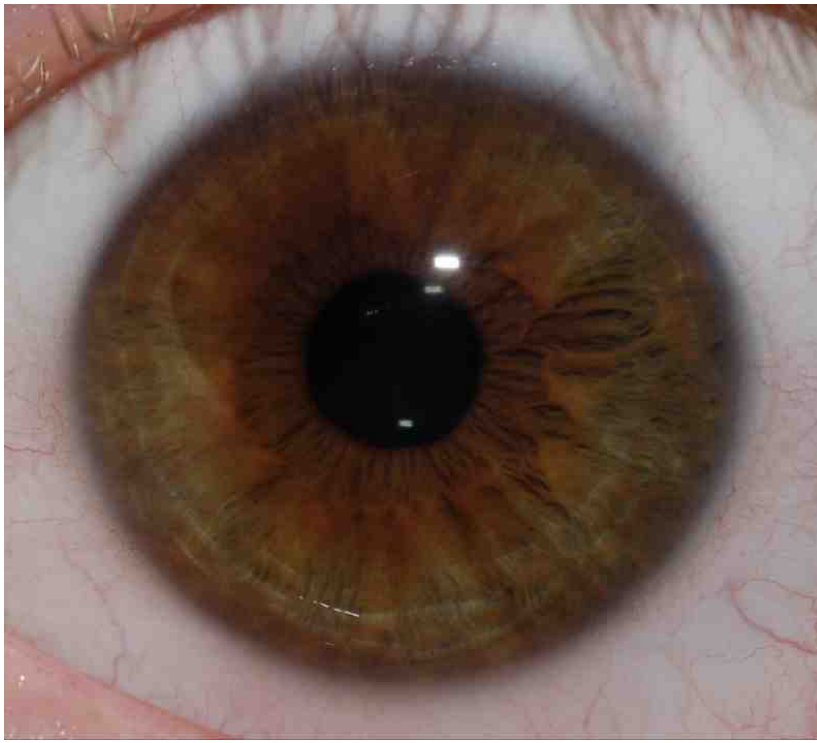

Figure A. Photo by Aajonus Vonderplanitz, left iris, September 18th, 2006

Figure B

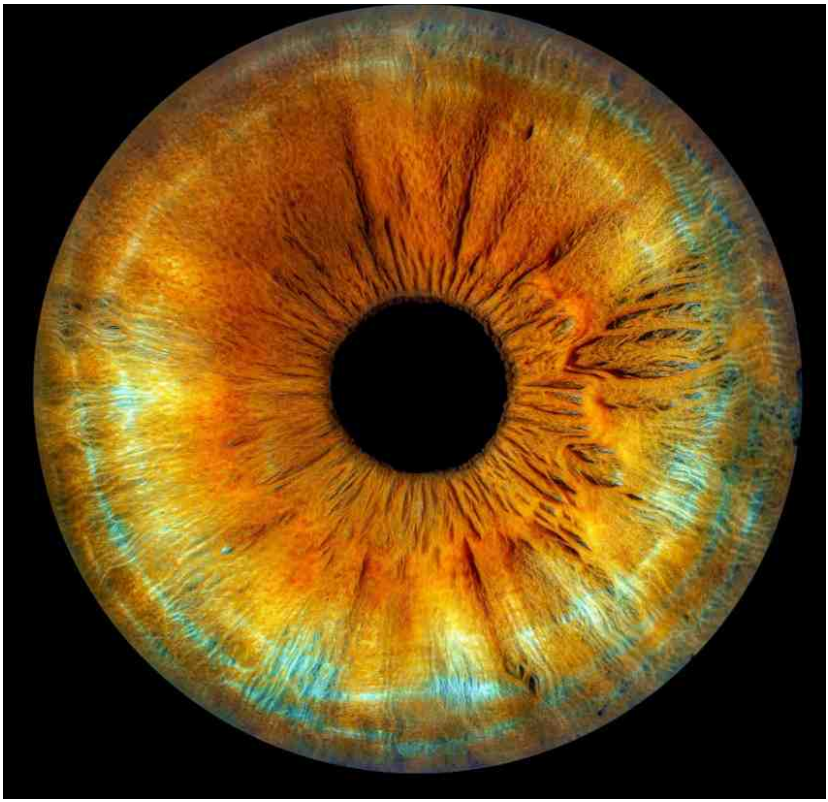

Figure B. Same eye, 2025, 19 years later

Four

BEFORE LEAVING, Aajonus gave me a tape-recorded version of the conversation along with a tour of the upstairs part of his house, which he told me he rented from his client, fashion mogul Fred Siegal.

If you've seen the *Ripley's Believe it Not* segment on Aajonus' collection of high meat, this was nothing like that.

He had a basket full of eggs sitting on his counter, a 10-pound cut of fresh sirloin in the fridge, a carton of raw milk and lots of ball jars filled up with fresh vegetable juice. On the counter he had a glass gallon container of raw "hand packed" amber

colored sage honey with the honeycomb stuck in it all the way through – a Honey Pacifica gift, he said, from a client. Nick Poto of Honey Pacifica told me Aajonus had trained him how to get the honey out of the tree by hand. By a table near the window sat a fresh copy of Donna Gates' *The Body Ecoloy Diet.*

After leaving, I digested everything Aajonus had told me, while my mother and I drove the long distance from Malibu down the rugged Pacific Coast Highway. The sky was blue, the air weightless and the palm trees smiling. When we reached the turn for L.A. we took the ramp up the towering cliffs of Santa Monica where we hooked a right into Ocean Avenue. From there, we snaked through Dogtown to Rose Avenue in Venice where we parked at the notorious Rawesome Market for the first time.

Run by James Stewart, this place was heaven for anyone on a raw food diet. They ahd all the goodies from Amos Miller's Amish farm in Bird-in-Hand, Pennsylvania: walk in commercial freezers stocked full of glass jars of raw kefir, raw yogurt, raw cream, raw butter, hundreds of pastured fertile eggs, cold packed honey and every conceivable type of fresh meat and game as well.

I bought a couple of bags of goodies and ate them in the car outside. Mainly a pint of raw ice cream consisting of raw eggs, raw cream, raw milk and unheated honey.

At the time, I still had multiple chemical sensitivities and was desperate to cure myself of it – MCS is a disease where the body is hypersensitive to various chemicals, some worse than others. There is a doctor in Dallas, Texas – Dr. Rhea – who specializes in treating people with this terrible disease. Get stung by a bee, I was okay but open a can of turpentine and I would be simming in a fuzzy head for hours after it.

It was a condition that Aajonus had also suffered from after chemo and radiation. The only difference between him and I was that, although he could fly all over the world, he was still living like someone who was completely terrified of chemicals.

When I first spoke to Aajonus about my chemical sensitivities, he said they would get better in two weeks on the diet. *They hadn't.* It was the primary reason I had made the trip to L.A. to see him in person. I was hoping that after looking at my eyes, he might be able to tell me something more about my mysterious condition. But all I got out of it was to drink more raw vegetable and cabbage juice to detoxify my stomach. After over a year on the diet, the sensitivities were actually getting worse. Not due to the diet, I think partially due to my mindset and due to too much detox from the raw foods (all raw foods cause detoxification). See, I had been given over 90 anti-biotic intravenous treatments with Rocephin for the Lyme disease when I was 20, and it had just wrecked my system.

For some people, Aajonus stated it took 7 years of eating that way to cure onelsef of MCS. I was willing to wait it out, but the search for housing and a perfect place to live was breaking my back.

After seeing Aajonus that day, I wanted to move to Santa Monica from South Alabama, but having chemical sensitivities made it very difficult. Plus, Aajonus' ideas about Los Angeles as a healthy place to live scared the hair off my balls.

The air pollution was so impure he said you could only healthfully live from 10th street in Santa Monica going towards the ocean. So basically, Venice and the Pacific Palisades were fine, and Malibu was okay, but everything else had dangerous levels of air pollution. It is true that the Los Angeles basin still has the highest levels of dangerous ground level ozone of any city in 2025. (Most Polluted Cities, n.d.)

Many years later, when I was finally cured of my ailments, I did move to Beverly Hills from Santa Monica (again from the women) and after 3 months of living there with opened windows, my bookshelf was covered in a thin layer of black soot. At the time, I had this crazy 6 foot something blonde who made Claudia Schiffer look ugly trying to sleep with me, which was a total distraction.

The next two years after I saw Aajonus at his house in Malibu involved me talking to him via the phone almost daily for dietary adjustments; meanwhile, I was moving out of too many places to count because of my chemical sensitivities. My Sufi Teacher was prescribing certain elements for me to take such as colloidal silver to kill the candida albicans he believed was causing my extreme chemical sensitivities, in addition to vitamin C to boost my immune system, but I refused to touch them because Aajonus claimed "all supplements caused toxicity." Besides, I had taken supplements previously before meeting Dede and they had never given me any tangible results (some of this is because too many of the wrong supplements can cancel each other other out and not work at all).

I probably would have gotten better instantly if I had just listened to him, but I was dumb and thought I knew everything. He was also giving me spiritual exercises such as those of the Sufi Tradition, as well as others from the Taoist branch of the Great Sufi Tradition such as the micro-orbit from Taoist master, Mantak Chia.[1]

This particular exercise involves circulating a ball of light over the front and back energy channels of the body to remove energy blockages. The idea is a rather Eastern one. Qi-Gong Master Lin of Minnesota states that the illness in the body exists as a perturbation of energy along the Chinese meridian system.

This disruption of *qi* displaces the energy from the lower *tan tien* a space behind the navel. When a person is 100% well, their energy is centered in their lower *tan tien*. Any food or supplement or therapy such as EFT (Emotional Freedom Technique) that fixes a situation simply removes the blockage wherever it is located. Qi-Gong is a series of movement that Dede claims can recenter the energy in the lower *tan tien* incredibly well. The microorbit exercise was prescribed for this very purpose, but I was too tired on most days to do it. Dede says, "Ignorance is the great problem with humanity. People think they know everything already;" unfortunately, I

was no exception to that rule. That's what happens when you find The Tradition at 25 years of age instead of 55.
Regarding nutrients, what Aajonus didn't know or didn't want to know is that not all supplements are derived from toxic sources.
Yes, some, such as bulk calcium is just ground up rock and as in the case of coral calcium, ground up coral that the body can't process, but many supplements are very carefully extracted by serious companies who derive the nutrients from plant-based sources.
Either way, Aajonus was terrified of supplements, and he scared the shit out of me too. He told me, the seeming benefits people got were due to the stimulation of the adrenaline glands and a halting of all detox.
Nothing could be further from the truth.
Every bodybuilder knows the tremendous benefits of supplementation.
The more I learned about Aajnous' extreme beliefs about supplements, chemicals and other things, the more I secretly cringed.
Although, Aajonus was "over" chemical sensitivities, he still wore a gas mask when he went to the UCLA Westwood campus to study for his PhD at the library there. He even told me that he got sick from the sulfur in the air after a New Years Eve fireworks display in San Francisco one time.
But Aajonus was, above all, misunderstood by everyone, even those closest to him.
All he cared about was helping people.
I think he helped more people than he hurt, and I mean this in the sincerest way possible. He was an altruist at heart but still mistaken about a lot of his suppositions.
After following the Primal Diet religiously for over 7 years from approximately 2005 to 2012, I learned that balance is key for my true health, and that meant including a lot more cooked foods and supplements into my routine. Fourteen years later, I still eat raw foods, but I am much more relaxed about it. I also consume a lot of Thai foods because my wife is

Thai.
The P. Diet was also quite difficult to adhere to socially. While it could be easier when my friends and I were going out for oysters, I still missed many opportunities to go out to a great African place because it wasn't on the diet. I found it extremely limiting this way, especially at places like the airport where there was just nothing healthy to eat. I think it hurt me socially too in terms of dating because I wouldn't drink alcohol (even after the chemical sensitivites were gone) and I missed a lot of opportunities to go home with a beautiful woman because I didn't want to have a drink at the bar with her.
My mother was also on the diet for 3 months at 100%, plug her morning coffee. While she lost thirty pounds during that time, she couldn't keep it up socially and after a brutal detox, decided to stop it.
I am not here to tell anyone what to do. You can go along way on just Aajonus' diet, but not everyone does. In fact, many of Aajonus' patients ultimately had to include salt and cooked carbohydrates into their diet to feel 100% well.
The insistence by Aajonus in an almost fascist way on salt and water being dangerous go against all scientific models (even ancient dietary models). In fact, some of the healthiest people with the highest longevity on the planet like Korea (their oxblood hangover soup is a salty feast of coagulated boiled ox blood served in a spicy beef broth bloaded with sodium – 3,000 milligrams) consume the most sodium in their diet. (DiNicolantonio, 2017) The misconception between salt and high blood pressure is well documented by Dr. James DiNicolantonio in his book, *The Salt Fix*.
I don't see die hard Aajonus proponents taking me very serious after reading this, and that is what I hated about the Primal Diet. It was this almost maniacal, fascist attitute about certain things because "Aajonus said so."
He became a kind of guru for people. But Aajonus was not a spiritual teacher, he was just a dietician who used raw foods to cure people.

Please know, I followed Aajonus diet religiously for 7 years straight, and while I got stronger and many of my odd ailments went away, I never got over my chief ails diet alone: Lyme disease, eosinophilic esophagitis, erectile dysfunction and chemical sensitivities.

Had I stayed on it for another 7 years religiously, would I have?

Probably not.

I do believe Aajonus was 100% well in spite of his overwhelming fear of chemicals. You have to be well to travel to Finland and see people. I think much of what kept him back was his mindset about it all.

It was hard to believe that I can sit here and write all of this from my home in Thailand – a place Aajonus and I first talked about going to in 2007.

When my father, Key Tate, designed a health center for Aajonus' Thai health compound he planned to build in Chiang Mai (figure c), he told me the Fed Ex package was already ripped open before it even got to his Malibu address.

He told me that all his mail was like this – already opened before it arrived.

How crazy is that?

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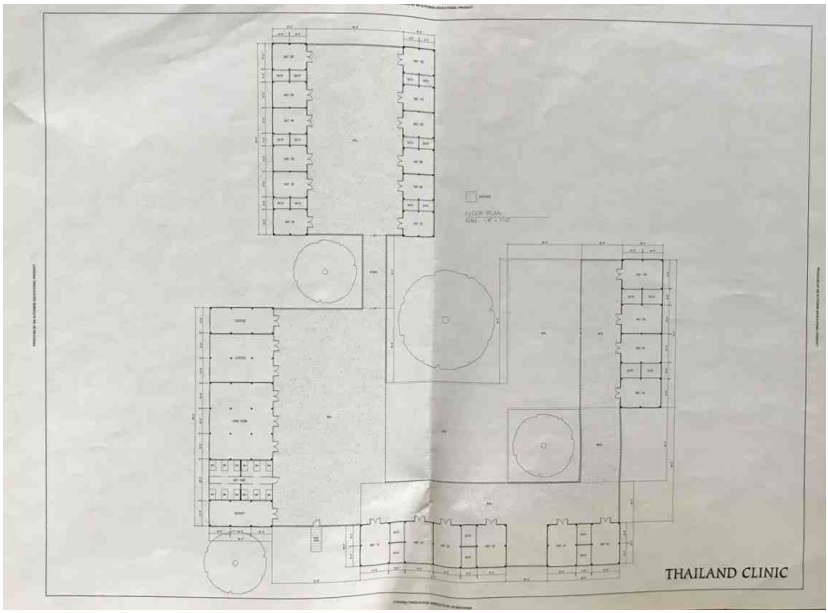
[1] Mantak Chia runs a spiritual retreat center in the mountains of Chiang Mai, Thailand

Figure C



Five

AAJONUS HAD OFFERED to buy me land for $10,000 an acre or *rai* on his compound in the foothills of Chiang Mai. I even had my father draw me plans for a house to build there on his land, but I never bought it.

Once Aajonus told me that I couldn't have a stove in my house there, I backed out.

I was living in Monterey, California and had totally moved on. I had gotten completely over Lyme disease and chemical sensitivities after using Cellfood, a liquid oxygen, trace mineral supplement and drinking oxygenated (not ozonated) water throughout the day. I also just had to decondition myself about chemicals and EMF's in general. I was living like the Liver King, totally terrified of everything commercial.

When I told Aajonus Dede had cured me with oxygen, he didn't like it at all and even told me that it just "stopped a detox," which brings me to yet another misconception about

Aajonus.
Raw foods cause detox.
Truth.
My teacher, Ali Dede, even goes so far as to say in his book, *Advise from a Sufi* that, “Nearly all health problems are due to eating cooked food.”
It is itrue that if you look at a traditional culture such as the Eskimos who consume mainly raw food, they have nearly perfect health. (Stefánsson, 2020)
That is why Aajonus’ diet works - natural, organic foods in their raw forms are mineral, pro-biotic and vitamin rich foods that the body uses to detoxify and heal itself. Raw food is also beneficial because it is richer in pro-biotics or good bacteria, which the cooking process destroys. The good bacteria does detoxify bad bacteria in the gut. This process, even by taking oral pro-biotics, takes about 2 weeks. Aajonus is mistaken about bad bacteria detoxifying the body. Yes, it is well documented that bad bacteria feed on certain chemicals, but they also can release exotoxins and endotoxins into the body. Viruses aren’t alive and don’t eat anything. They simply take over a cell and manufacture more cells of the same virus. Aajonus actually says this process can be useful. Not at all. They can literally kill you as almost anybody off the street could tell you. While parasites do feed on chemicals, they also feed on everything else, including food by-products. The goal of the parasite is to take over its host.
Good bacteria is aerobic, which means it can live in the presence of oxygen. Bad bacteria is anerobic; although there are certain bacteria like e. coli that are not strictly anaerobic. Pathogen inhibition occurs when the good bacteria travels to the large intestine where it emits an acid that destroys the bad bacteria. This is well documented in countless scientific studies that I guess Aajonus conveniently forgot to cite. (Associates, n.d.) This is what Aajonus missed – good and bad bugs. So how can raw meat, uncooked egg and raw dairy be okay if pasteurization can’t kill the bad bacteria? The former California governor, Mr. Schwarzenegger, has even stated that

he grew up eating raw egg shakes while lifting weights when he was younger because he didn't always have much money for food. Raw eggs, like raw milk, build muscle very quickly. I won't argue the benefits or dangers of eating raw eggs but will let you do your own research on this. I will say that if you have ever had a Caesar salad, you have probably eaten raw egg. The interior of the egg is almost entirely encased in the shell, preventing exterior contamination mind you. When I was in Japan, I ordered sashimi eggs at most restaurants, where they place a raw egg on your plate and you crack the egg over your bowl at your table. Worth noting that Japan has one of the lowest rates of cancer in the world, whereas the US has one of the highest rates of cancer—and we are still looking for the cure. Just know, for decades, bodybuilders and athletes alike have eaten raw eggs daily for muscle gain and maintenance. "Cleanliness is next to Godliness," as the saying goes. In my opinion, hygiene and the cleanliness of farms, kitchens and food preparation is one the biggest factors in disease transmission. The Japanese, due to their emphasis on hygiene, maintain some of the cleanest kitchens in the world. People should protect themselves by ensuring hygiene is maintained by their food sources starting from the farm to the table.

Six

On November 21, 1976, the movie Rocky was released, and the whole world got to watch Sylvester Stallone break a bunch of eggs into a glass and drink them straight. On the WWE wrestler Hulk Hogan's TV show Hogan Knows Best, he also would occasionally eat a raw egg on camera. And more recently, the Rock's character in the movie Hobbs and Shaw eats raw eggs and chews coffee grinds for breakfast. I know what you're thinking. Raw milk, raw bugs…yada yada yada. I

call bull butter. A lot of controversy surrounds raw milk, but I believe it is perfectly safe and healthy if it comes from an organic, grass-fed source and is consumed shortly after production. Only four states prohibit raw milk sales and 46 allow it to be sold.

Widespread pasteurization laws in the 1930s centered around raw milk that came from so-called “swill milk” dairy farms that kept their cows in horrible conditions and fed them the mash byproduct from making hard liquor. These cows were very unhealthy—even the pasteurized milk they produced was bluish in color. (Schmid, 2009) Studies occurring as early as 1938 by the drug and cosmetic industries found that raw milk did not support the growth of many pathogens, whereas heating milk promoted the growth of harmful bacteria by inactivating inhibins. Raw milk is often blamed as the culprit behind Listeria monocytogenes; however, a 2003 FDA/USDA report found that pasteurized milk had 29 times more instances of L-mono than raw milk. Deli meat has been proven to cause more foodborne illness, but the FDA doesn’t claim that deli meat is unsafe—yet it can claim that “raw milk is inherently dangerous and should not be consumed.” Why is there an inherent prejudice against a simple food product people have been safely consuming since the beginning of time? I suspect financial interests are at play. For one, pasteurization prolongs shelf life, which is an advantage for the companies selling it. For everything Aajonus was correct about, people, me included, took him to be a mystical figure, and while he might have been mythical, he was no mystic. Although he had some mystical experiences in the California desert with a coyote that brought him a dead rabbit to eat, he wasn’t particularly adept at teaching. That experience of his mirrored a dream I had when I was bedridden with Lyme disease where I came to a fork in a path in the forest. One of the paths was made of plastic straws with a friend of mine from boarding school standing at the end of it waiting for me, while the other one was made out of sticks and had a white wolf waiting at the end of it for me. When I spoke to Aajonus

last in 2008, he was against the Democratic party. His raw milk advocacy in Washington D.C. with Jeff Slay didn't fly very well with any liberal politician from what he reported to me.

In fact, Ron Paul was the only generous ear. That experience changed him. Aajonus would have loved that Robert Kennedy Jr. was Trump's appointee to the US Secretary of Health and Human Services because Kennedy is an advocate of raw milk. He would have loved big wave surfer Laird Hamilton podcasting to everyone about the benefits of eating healthy fats like raw butter. But he would be disgusted by what has become of the political war machine of today. Unlike The Liver King, Aajonus was a peace-loving hippie whose favorite movies were things like Liar, Liar. I had endless conversations with Aajonus about the "perfect place to live." He was obsessed with the subject. Aajonus hated cold weather because it was hard on the body, but also because he liked to live virtually outdoors with no forced heat. In picking the perfect Shangri La, that ruled out a slew of otherwise very healthy locales such as the Italian Alps. He once told me that the most unpolluted place on earth, completely untouched by the Western man's hand, was Papua New Guinea. I asked him if he was going to go there, and he said, he had considered it, but it was simply too dangerous.1 Jeff Slay, one of Aajonus' most loyal adherents, moved to the Ozark mountains in Arkansas because Aajonus' liked how little industry was there, and the weather of course. I guess I am the only one that ended up inadvertently in Thailand by marrying a Thai woman. Chinese medicine states that certain foods are yin (female – cold) and some are yang (male – hot). What I mean is this: one reason Aajonus liked living in a hot climate is that raw food is cold. This is why Hawaiians consume poke or raw fish and vegetables on white rice and why colder climates typically gravitate towards more yang foods. For instance, a hot soup will heat you right up if you live in Siberia. I know a Primal Dieter named Melissa Henig. Her husband and her moved from Arizona to Montana and their diet dramatically

changed to accommodate the cold weather – going from 90% raw to 50% if I am correct, consuming much more cooked red meats and soups. I would have loved to visit Aajonus in Chiang Mai today. Or eat some medicinal mushrooms with him. Neither he nor Liver King ever even talk about those and yet they happen to be the most powerful food as medicine that exists on the planet.

While largely unrecognized by conventional medicine in America, Finnish mushroom expert, Tero Isokupila, states in his book, Healing Mushrooms: A Practical and Culinary Guide to Using Mushrooms for Whole Body Health, that mushrooms such as chaga, lion's mane, reishi, shitake, turkey tail, tremella, enoki, maitake, and cordyceps have the healing power to literally change people's lives. I would like to start by first saying that this is in no way a comprehensive overview of the subject. That being said, let's begin. Keep in mind that some mushrooms are not edible in their natural form and must be heated or extracted first to be taken orally. Tero's company, Four Sigmatic, offers a wide variety of the highest-sourced medicinal mushroom products available on Amazon. I strongly suggest you invest in some that appeal to you and test them out to see the effects. As for foraging, one can learn how to do this properly from various books on the subject, some better than others. If you are in a suburban area, I would recommend that you use caution. Aajonus Vonderplanitz was picking mushrooms on Jekyll Island, Georgia from someone's yard when he accidentally picked a death cap mushroom or the Amanita phalliodes, and almost died. There are many, many toxic mushrooms, and a lot of them look similar to edible ones.

What makes medicinal mushrooms so unique is that they contain beneficial complex polysaccharides that have extraordinary effects on the body. Each mushroom contains different properties that make it better for certain remedies. For instance, the beta-glucans contained in cordyceps increase oxygen in the cells, improving energy and sex drive. In ancient times, Tibetan yak herders observed that their herd

were more frolicky after feeding on these; shitakes have polysaccharides that activate the cells that kill pathogens; chagas, shitakes, oyster mushrooms (high in kojic acid), and termella are especially good at rejuvenating the skin and epidermis. Thai people have beautiful skin, and many consume shitakes as a regular part of their diet. Lion's mane increases nerve growth factor (NGF), a protein that helps with brain and memory issues; shitake improves the skin by preventing substances from binding to blood vessels, making it exceptionally good at lowering cholesterol and improving liver function. Enokis, which are common in many Thai soups, are also good for the skin and contain high levels of vitamin B3; enjoyed by Japanese Samurai, mitakis have an adaptogenic effect on blood sugar. Meanwhile, turkey tails' polysaccharides are particularly good at fighting infection, while oyster mushrooms are excellent for improving mood and relaxing the mind. (Isokauppila 2017) if you are experiencing anxiety, reishi, "the king of mush-rooms," is particularly good at turning off the production of cortisol in the body as it is an adrenal regulator.

[1] Papau New Guinea still has cannibal tribes such as the Kombai

Seven

AAJONUS DIED on August 2013 by falling from his porch in Thailand.

When he told me about building his house there, he said he would just get a crew of people to build it, and not even use a building company, so they would follow his instructions. I am not certain if that is what he did or not, but it seems that way. Even in Malibu, he told me he used to just hire a group of Mexicans off the side of the road to clean his house. Aajonus did not trust other people with the use of chemicals –

that and frugality made the guy autonomous to a fault.
It is true that if you hire people in Thailand to build you something, they must be vetterd.
Look, I have fallen through a second story treehouse restaurant's rickety bridge in Phuket, my death stopped by my arms. No one expected a 270-pound, macho Viking like me to be walking there during construction.
No one gets sued. You could build a house yourself without a permit on land in Chiang Mai and no one would even care. That's what he loved about The Kingdom.
I don't blame him. But it is dangerous that way.
I know there's a lot of peculation about his death. I am not one to cast conspiracies.
To me, Aajonus died the same way he lived, too cautiously and simultaneously too careless to be okay. He was too stubborn to get medical help when he needed it, and too careless to not have a more professional team of builders construct his home.
Let's take apart Aajonus' insistence on nutritional supplements being bad (even though there are countless studies that detail improved metabolic function, heart health, brain function, etc. from specific nutrients such as magnesium, resveratrol, Coenzyme 10).
Aajonus claims that supplements often destroy health in his *Recipe for Living Without Disease*. This is simply not true. All the independent studies on the subject confirm the opposite. His argument is that they are not bioavailable and only absorbed at a very low percentage because they are not raw and have been isolated. Point taken, then why do people take them every day to increase the levels of those very things on verifiable tests in their bodies the world over? I understand why Aajonus thinks this because certain supplements like iron and calcium aren't absorbed and *are* toxic to the body.
Back to business, by the time my wife, Wiphawan, and I constructed the home in Thailand, Aajonus had gone on to his happy hunting grounds in the sky, but I thought about him the whole time we were building. My wife's father, Chanchai

built it, and while, it wasn't the teak masterpiece my father had originally designed, it was better, much more modern, glass window paned version my wife envisioned, which I liked much better than Dad's open aired (but hot as hell) original drawing. The only sign of the Industrial Revolution where we live is a 7-11. I joke to my wife that we should get dressed upa nd go to the 7-11 sometimes, the closest city being over an hour drive through the mountains.

Eight

REGARDING NUTRIENTS AND RAW FOOD, most people will do dramatically better just consuming some raw foods for the first time because they are coming off the SAD diet; however, the assumption that all one's nutrients can be obtained from food simply isn't true.

Take iodine for instance.

It would take consuming 4 pounds of swordfish to get the daily amount of iodine in Okinawan woman consumes in dulce and nori, and by that time, you would have overconsumed mercury.

Magnesium, a vital nutrient, is simply not present in food in adequate amounts.

We all know vitamin C cures scurvy in sailors left at sea.

The mineral simply boron isn't present in most water supplies unless you live in the country of Turkey, yet it is a key element in determining bone density.

Our vitamin D comes from the sun, but what if you live in the arctic?

Did Aajonus just ignore these facts?

Maybe that's why he was always prescribing huge quantities of cheese (rich in minerals) to his clients. It also makes sense that many of his clients added salt back to their foods since salt is rich in minerals too.

I am not advocating dropping his diet.
I love his diet.
In a perfect world, all these nutrients would be bio-available in the food supply, but we simply don't live in that place.
Iam just saying that he was too rigid.
My teacher, Dede, who sent Aajonus' book to me and advised I be in constant communication with him said the same thing.
What will happen to *We Want to Live* in the wake of Aajonus' death?
Hopefully his know how won't get scattered like ashes across the pacific.
Aajonus wrote in his *Primal Newsletter* about the bit of cooked meat he gobbled up in the amounts of Northern Thailand while hiking and how he woke the next morning to body odor and feeling a bit off.
It is obvious to me why this happened.
Mindset.
Aajonus was terrified of cooked food and chemicals, and while I understand that toxic elements can be dangerous, and some cooked food not optimal, many people the world over thrive on an entirely cooked diet, surrounded by chemicals, while begs the question, what was Aajonus so afraid of?
I think he did it all by himself, curing himself I mean, and so, he didn't have the guidance, like I did, of a trained medical doctor to guide him to a balanced approach. I will say that and leave it at that.
While in the National Guard, my grandfather, Irwin Tate, witnessed the atomic bomb tests in Los Alamos, New Mexico where he and a slew of others were exposed to tremendous amounts of radiation. My granddad had always maintained a lot of muscle mass, he was even ordered to train marines how to get big in South Carolina while he was stationed there in the National Guard.
Over time, after viewing the bombs, he and everyone in that squad, began losing muscle mass. He went to medical doctors, but they offered nothing. Frustrated, he started eating optimally and taking vitamins and minerals to maintain his

health. That lifestyle allowed him to live into his 70's, but scared to death of medical doctors, he refused one thing: to have surgery on a genetically weakened heart valve; thus, he died having intercourse with his then girlfriend in Palm Beach, Florida of a heart attack – a fate he could have avoided had he simply had the valve replaced.

My point is this: avoiding all medical therapies can be dangerous and extreme.

I think a lot of Aajonus' clients, myself included, often wondered, how can this guy with perfect irises who is strong as an ox, be so weak as to not be able to eat a tiny piece of cooked meat or handle the cleaning chemicals at Whole Foods?

I won't say more, or I might sound like a hypocrite.

I knew a couple of different followers of the Primal Diet – all had strayed from a strict approach.

One – an apprentice of Aajonus – I talked to while I was living in Monterey, California. This gentlemen hadn't been able to cure himself on the diet but after adding Himalayan salt into his regiment, got quickly better. Of course, when he told Aajonus, he got irate at him, telling him, the salt was just "stopped a detox." He also refused to train him any further in how to be a Primal Diet practitioner.

The bacteria hypothesis that bugs detoxify the body Aajonus held to so religiously makes zero sense. All you have to do is put it to the test. I dare you to drink tap water in rural Thailand or Mexico instead of bottled water (which Aajonus didn't do either), and you will be so sick with dysentery, you will be begging for anti-biotics. I rest my case.

When Sir Richard Burton, the famous English explorer, was stationed in West Africa, he had to drink half a liter of port a day to avoid dysentery (the alcohol kills the bacteria). (Lovell, 2000)

My point is this:

If a theory is true, put it to the test.

But you can't do this with Aajonus's theory.

It is true that certain African tribes consume large quantities

of feces and don't get sick. I am not a scientist, but all I can preclude is that they have genetically evolved to tolerate it or the animals are so free of disease, the feces is clean too.
Dede has told me that the smell of feces is indicative of the development or the developing of disease in the body. So, if your shit smells like a stall at the Alabama Bucee's, watch what you eat.
I wish I had gotten to drink a bottle of raw cane sugar juice with Aajonus in the foothills of Chiang Mai today thought (*figure d*).
I know raw food purist reading this may disagree with me. Take solace in the fact that I cared about Aajonus enough to not let his memory diet. That I was close to him. That he did change my life for the better. And that I hope in writing this, his diet touches more people's lives in the right way, especially since *We Want to Live* seems out of print now, and only available in eBook format.

Figure D. A raw sugar cane press, Chiang Mai, Thailand, The Night Market

Aajonus: Your Favorite Guru

During all that time talking to Aajonus, I learned a lot about him. Things you don't probably know.
One, he dated the famous model Twiggy during the 1970's. He told me he knew Carol Alt, but I can't confirm this (even after writing Carol's agent years back).
He loved to drink raw sugar cane when he was in Thailand. He said he drank it "all day" sometimes and that it gave immense health benefits.
At one point, he was looking to move to China instead of Thailand.
He carries his money, $10,000 in cash at a time, to Thailand to deposit there.
He believed that the Mayan calendar predicted the climate crisis and that the water was rising, which is the main reason he chose Chaiang Mai because it was at 1,000 feet elevation.
He spoke and wrote the Thai language fluently, which after studying it for years, I find to be truly impressive.
One day I called him and there was a Malibu fire at the neighboring property, and he literally had to hang up the phone to go "chainsaw a limb off" because it was about to jump from the neighbor's tree to that tree.
He believed the body's ph acidity was best to not be overly alkaline – something I dispute and hope you don't follow. Sometimes, he told me his urine was brown from not drinking water and being so acidic. This was crazy ladies and gentlemen. No matter now much you worship the man, don't forget this. Having invested myself heavily in gold since 2007, I know for a fact that Aajonus also hated gold. When the 2008 crisis happened, I asked his opinion on it and he said, in the future, land will be the only thing that has any true value. Of course, that was one reason he wanted to own so much land wherever he was going. However, if you think about it, there is always and has always been a means of exchange. He was wrong about that, and the markets have proved him so. I did have an opportunity to buy land in Montana at the beginning of Covid. The property I passes on increased 400% over the coming years. So land has proven to

be a solid investment too.
He recommended Lasik therapy to many of his patients who wore glasses.
My father, celebrated architect Ken Tate, and he spoke a lot about his plans for the Thai hospital he was developing because my father did the architectural floorplan and design. This was his dream – a healthy, remote place where people could come and convalesce while having nurses make the correct foods for them. The plan was to also have hot tubs and massage rooms since these were therapies Aajonus approved of.
He said acting was the easiest money he ever made.
I did ask him if he ever ordered a raw double QP from the McDonald's drive thru, but he said politely, "not really."

Medical Conditions

Please realize these are just general recommendations from my own personal experiences, nothing more, nothing less. Always use caution when doing any therapy or taking any supplement. Thank you.

Acne:

Washing one's face with an oatmeal-based soap in the morning and evening is most useful for acne. Taking hot baths with 1 cup of Epsom salt added to the water helps with body acne. Cutting out fried food is optimal for this condition.
Adrenal Exhaustion:
Cutting caffeine and eating a diet rich in alkaline foods is best (see *Appendix b*). For a male over the age of 45, the testosterone – cortisol connection must be understood and looked into very carefully. Men with low test levels tend to

substitute that hormone with cortisol to have energy.

AIDs:

Review Dr. Hudla Clark's book, "*The Cure for HIV and AIDs*, as she has had success with this condition.

Allergies:

Most people have some elements that they are inherently allergic to; however, sometimes, allergies can be the result of a *candida albicans* overgrowth. If that is the case, please see *Candida* below. If genuine allergies are a present, the only way to know what you are allergic to is to go see an immunologist and get tested, then avoid said allergies when the test results are returned.

Anemia:

Anemia, a condition that results when your body doesn't produce enough red blood cells, results from a lack of iron in the body. Eating black strap molasses quickly resolves this as it is rich in available iron.

Arthritis:

Sometimes arthritis is due to low levels of the mineral boron. Supplementing with just 3 mgs a day of this miraculous stuff can start to help in many cases. Dr. Jorge Flechas, MD states you may need much higher levels of boron, each body is different. Consuming raw butter – a vital source of calcium and mediaum chain fatty acids – as needed can also help greatly. Medium chain fatty acides like those found in butter and coconut oil are able to penetrate the cells.

Asthma:

I met a man one whole son cured his chronic asthma by sleeping under an Aranizer machine every night. Well documented in my first book in this series, the Aranizer is a device that electronically crates polyatomic oxygen (not ozone air machines, which is ill advised).

Baldness:

Red light therapy hats seems to be producing miraculous results with this condition.
Bladder infection:
Take supplemental oxygen is the form of Cellfood thrice daily at 8 drops a day in 8 ounces of spring water should help. If not, seek medical attention.

Cancer:

According to Dr. Johanna Budwig (1908-2003), a German biochemist who specialized in the study of fat, eating lots of polyunsaturated fat from flax seed and cottage cheese, can help revent cancers from spreading. She developed the Budwig diet for cancer in the 1950's. I provide the recipe for her Budwig Formula – the cornerstone of her diet – in the Recipe section of this book. Keep in mind that tribes that consume a diet rich in vitamin B17 (primarily from apricot seeds) such as the Hunza of Northern Pakistan never get cancer, which leads one to believe a vitamin deficiency of B17 is close to its core. I truly do believe this is one reason Aajonus struggled with some cancer patients who could never get well no matter how much they ate.

Candida Albicans:

taking supplemental oxygen drops like Cellfood at 8 drops a day, starting at just 1 drop and slowly working up is best advised. Adding a refrigerated probiotic from a company such as Baseline Nutritional is wise, as well as cutting white sugar

out of one's diet, even if just while healing.

Celiac Disease:

This is often due to gluten and lectin intolerance. Adopting a diet such as Dr. Gendry's lectin free approach should go a long way to helping it heal.

Dandruff:

Switching to organic shampoos with jojoba oil might help this in many cases.

Diabetes:

Daily consumption of coconut oil helps with blood sugar issues. Taking konjac root in the form of glucomannan powder at ¼ a teaspoon in 8 ounces of water can also balance blood sugar. Also, taking isotonic sea water orally daily can help as well (never take hyertonic sea water for anything).

Detox:

Dede says, "All good medicinals and raw food cause detox." Activated charcoal will remove anything that is not wanted. Other than that, chlorella and cilantro can be used for heavy metal detoxification. A product like Jon barron's Metal Magic has been proven in scientific studies to chelate metals from the body.

Diarrhea:

White rice or a Mexican atole (see Recipe section) can resolve diarrhea. Dede gave some of his doctor students 1 drop of methylene blue every hour on the hour throughout the day and it resolved this diuretic state (do so only under a medical professional's help however).

Fatigue:

If you are able, exercise helps to improve fatigue. Taking 8 drops of Cellfood three times a day plug 1,000 milligrams of liposomal vitamin C would be a good start. If you don't have liposomal Vitamic C, taking regular ascorbic acid is fine. Also, don't overdo caffeine and get plenty of sleep.
Food poisoning:
For this, I always take activated charcoal 2 hours away from any food.

Goiter:

This is due to an iodine deficiency. Supplementing with 50 milligrams of Iodoral a day should help resolve it. Start at just 2 milligrams and slowly work up.

Headaches:

Many times, headaches are caused by caffeine withdrawal and consumption as it is a vascular dilator. When the caffeine isn't present, there is an increase in blood flow in the brain, causing a headache.

Heart Failure:

If you have chest pain or your heart is hurting, you should seek medical attention immediately. The Cleveland Clinic in the US is now recommending a diet rich in fruits and vegetables for heart patients after learning about the heart healthy benefits from T. Colin Campbell's book, *The China Study*.

Hemorrhoids:

Taking an Epsom salt bath and then applying a silver salve

called Emu Aid to the area before bed has helped me to live wihtout this condition.

Impotency:

Sometimes, there is a lack of human growth hormone or testosterone. These can be supplemented naturally. With HGH, one can only take natural substances that stimulate the production of it, not the HGH itself, which is a steroid. A good HGH supplement I swear by is GF-9. See *testosterone.*

Indigestion:

Taking a good refrigerated pro-biotic from a company such as Baseline Nutritional 3 times a day will eventually drive the bad bugs out. Also, look into digestive enzymes derived from papaya.

Insomnia:

If you have insomnia, I suggest developing a routine before bed that cultivates a love for sleep. Plan to get into the bed no later than 9:30 pm. Take a warm bubble bath to relax before getting into bed. Then, read a book. Make sure, the room is cool enough to make you feel cozy under a blanket and dark enough, so you don't wake up. If you still have trouble sleeping, taking melatonin does wonders for some people.

Kidney Infection:

Cutting out tin canned beverages, all soda and drinking hydrogenated structured water and raw fresh vegetable juices only with 8 drops of Cellood added to the juice or water (3 to 5 times a day), should help this. If it doesn't resolve, skeep medical treatment.

Lyme's Disease:

I personally had Lyme's Disease for a number of years. Please see my book, *Returning to Freedom: Breaking the Bonds of Lyme's Disease and Multiple Chemical Sensitivities* for more information. I have since found methylene blue to also be most useful in resolving this condition. An effective bug killer, it also penetrates the blood brain barrier.

Malnutrition:

Switching to a diet rich in raw foods as well as supplementing with moringa powder – 1 teaspoon a day – in a smoothie or more if needed, should help.

Memory loss:

Various studies have shown that dementia is caused by aluminum in the brain. Taking 1 tablespoon of silica daily quickly removes tin from the brain. Methylene blue works wonders for brain fog. My father virtually cured his long Covid with it. Taking 2 grams of mercury free fish oil such as the kind sold by Barry Sears (the author of *The Zone*) should also help with brain fog and memory issues.

Mineral deficiency:

Experimenting with cell salts like those sold by a company such as Hylands daily should help if the problem is a trace mineral deficiency. A proper hairy analysis will show which gross minerals are in the body and at what levels. This can also be used to detect mercury and other toxic metals.

Mouth breathing:

Mouth breathing is an awful condition that decreases one's health in all areas. In Chinese culture, the nose is "the window to heaven." Read James Nestor's book, *Breathe*, and

train yourself to breathe through your nose. Mouth taping under the guidance of a professional can stop your snoring. If that doesn't work, going to your dentist and obtaining a device such as a Suad, moves your jaw forward during sleep, ending snoring for good.

Muscle cramps:

Can be a buildup of lactic acid in the muscles. Taking a hot bath with Epsom salts daily and a good magnesium oxide supplement at 1,000 mgs a day should quickly resolve it.

Multiple Chemical Sensitivities (MCS):

Also known as Environmental Illness, I recommend following my suggestions in my book, *Returning to Freedom*.

Nail problems:

Supplementing with silica should help.

Nausea:

Taking activated charcoal helps me.

Pain:

Applying Dr. Escudero's method from the chapter on injury in my book, *Thrive*, can reduce or eliminate pain entirely in many cases.

Parasitic Infection:

I recommend trying Dr. Hulda's cleanse for parasites from her book, *The cure for all Disease*, if this is truly your issue. In some cases, a medical anti-parasitic drug is necessary.

Prostatitis:

Limiting all caffeine and stopping coffee is very helpful. Also getting your hormones checked as well. Saw palmetto is supposedly good for this.

Psoriasis:

Two therapies stand out to me with skin conditions: red light therapy and ozone saunas. I once read about a guy who had 64 bulging tumors on his skin, and he did ozone saunas for a long time to cure himself completely of the malady (ozone is healthy in the body, but not the air, so never breathe it with an ozone air purifier. The best natural air purifiers to use are: Air Oasis and Elanra negative ion generators.

Scoliosis:

A hunched back, unless due to a birth defect or injury, can be caused by a deficiency of the mineral boron.

Sore Throat:

Gargling with 5 drops of Grape Seed Extract mixed in 8 ounces of water on and off throughout the day can help this condition.

Stomach Acid or Reflux:

Switching to an alkalinizing diet is the most helpful thing for this (see chart in the back of this book).

Stress:

Why do you think everyone wants to go out and eat a large pizza and nachos on the weekend? It's because they want the calcium in cheese to relax! Making the Budwig formula (see

Recipe section) and taking it throughout the day can give the body all the calcium it needs. Raw butter is also most beneficial.

Sunburn:

Aloe vera works very well to sooth burned skin.

Testosterone:

Virtually all men over 60 have zero hormones. For people over 60, Dede says life can become truly difficult. The best way to augment testosterone levels is with tongkat ali a 1,000 mgs a day. Cordyceps is also useful.

Tooth care:

Mercury fillings are a thing of the past. They are ugly and toxic. Having them removed by a specialist is wise if and when you have the time. Flossing and brushing twice a day is important to keep teeth healthy. Doing a hydrogen peroxide bleach at the dentist whitens the teeth up, but if you keep drinking coffee without a straw, your teeth will probably get stained again. In Thailand, most people use a straw to drink coffee because they know it stains their teeth.

Appendix A

Recipes:

Mexican Atole:

Ingredient list:

½ Cup of White Jasmine Rice
1 Cup of Water
1 Cinnamon Stick
1 Cup of Condensed Milk

Preparation:

1: Wash White Jasmine Rice
2: Bring water and cinnamon stick to a boil
3: Once boiling, lower heat to medium and let cook
4: When rice is finished cooking, remove cinnamon stick, take out the rich and soak it for five minutes in ¼ a cup of water.
5: Blend the rice with the water in a blender
6: Add all ingredients back into the pot, add 1 cup of sweetened condensed milk and cook on medium, stirring frequently.

Raw Smoothie for Weight Training:

2 to 3 raw eggs
½ Cup of coconut milk or raw milk if weight loss is not an issue
¼ teaspoon of vanilla
½ a cup of frozen blueberries
1 whole banana
1 tablespoon blackstrap molasses
Honey to taste
Blend and enjoy!
*can add 1 ounce of tart cherry juice for muscle soreness if you like
*see second book about raw egg concerns if that applies to yourself

Budwig Formula:

Good for calcium deficiency (the flax oil drives the calcium into the cells):

What you will need:
-Upright electric blender (handheld)
-Coffee grinder
-Raw honey
-Flax Seeds
-Low fat organic milk
-16 ounces of 2% cottage cheese
-8 ounces of cold pressed flax seed oil from a company such as Barlean's*

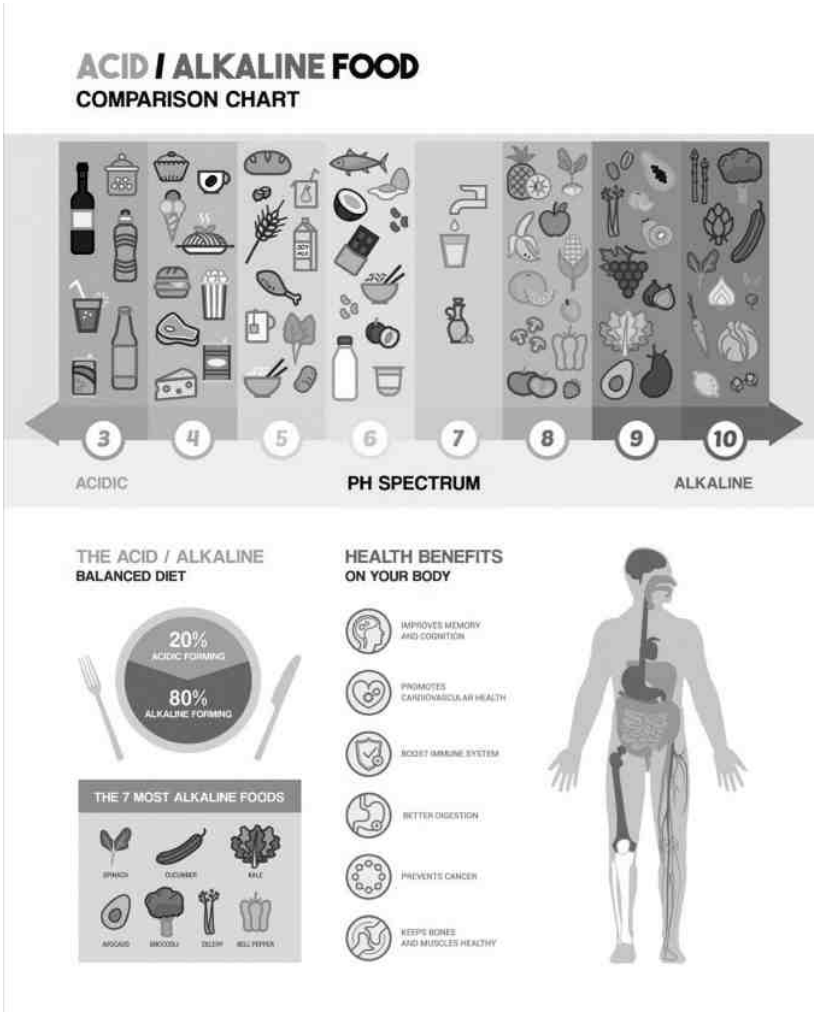
Instructions:

1. Place 2 tablespoons of low-fat organic milk and 8 tablespoons of flax seed in the handheld upright blender container and blend it.
2. If you want it sweet, blend in 1 teaspoon of honey. This will also keep it from being bitter and preserve it as cold pressed flax oil can turn rancid quickly otherwise.
3. Then, slowly add the 16 ounces of 2% cottage cheese into the mix, blending the whole time.
4. Next, blend 2 tablespoons of whole flax seeds in the coffee grinder.**
5. Finally, serve it in a bowl with the ground flax seeds sprinkled on top, along with dried fruits and a dash of honey if you like it sweeter.

*must be refrigerated

**the oil in flax seeds evaporates once ground, so always use whole flax seeds only and grind them fresh every time

Appendix B



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